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Contact DelaWELL

<http://www.delawell.delaware.gov>
1-800-556-6106

Employee.wellness@state.de.us

StayWell

<https://delaware.online.staywell.com>
1-800-926-5455



Baked Stuffed Apples

- 4 large **apples** (Jonagold, Rome Beauty, or Granny Smith)
- 1/2 cup **low-fat granola**
- 2 tablespoons **maple syrup**
- 1-1/2 cups **apple cider** or **juice**

Preheat oven to 350 degrees. Core the apples from the stem end, leaving the base to form a well. Arrange the apples in a shallow baking dish. Fill each apple with 2 tablespoons of granola and drizzle the maple syrup over the apples. Pour the cider or juice into the baking dish. Bake uncovered for 40 minutes or until tender. If the cider evaporates, add more to the dish. Serve the apples hot, at room temperature or chilled, with the leftover liquid from the dish spooned over them.

Serves four

Each serving contains about 121 calories, 1 gram fat (7 percent calories from fat), 0 mg cholesterol, 12.5 mg sodium, and 50 grams carbohydrates.

For more great healthy recipes, visit StayWell Online at <https://delaware.online.staywell.com>



Graduate to a higher level of health!

Register today for the first two topics!

Topic #1: Doing Your Part To Stay Heart Smart
(Offered through the end of October)

Topic #2: Controlling Stress Before It Controls You
(Offered November through December)

To register for a FREE health seminar near you, visit www.delawell.delaware.gov and click on the "Health Seminars" link.
(Employees Only)

- ❖ Join us for another exciting semester filled with four *NEW* health seminar topics, post-seminar bonus activities, special random drawings for each topic and weekly e-mail health tips.
- ❖ Attend each of the four different health seminar topics and receive a "**DelaWELL University Diploma**" signed by Governor Markell to commend your outstanding commitment to health education and be entered into a random drawing for your chance to **win a FREE, 3-month YMCA Family Membership** (generously donated by the YMCA of Delaware)



MAKE HEALTHY EASY
TAKE YOUR HEALTH RISK ASSESSMENT

Complete your Health Risk Assessment (HRA) through **December 31, 2009** to be entered into a monthly random prize drawing!

All full-time state, school district, charter school, higher education employees and non-Medicare eligible retirees, as well as spouses and dependents over the age of 18 who are covered under the State Group Health Insurance Program as of July 1, 2009, can participate in exciting DelaWELL programs, which include:

- Access to a **confidential**, online or paper-based Health Risk Assessment (HRA) for new and returning users;
- A **FREE** Health Coach, if your HRA shows you have a qualifying health risk;
- Online health information;
- Weight Watchers®, fitness club and other health discounts; and
- **FREE** onsite health seminars.

To get started, go to <https://delaware.online.staywell.com>. Click **Register Now** and follow the on-screen instructions.

When you're finished, you'll get instant results, an action plan and valuable health information- all about you!

National Breast Cancer Awareness Month

www.nbcam.org



Q: Is mammography reliable as a screening tool for breast cancer?

A: Mammography screening remains the best available method to detect breast cancer early.



Ongoing Events:

- **DelaWELL University**
Registration is open for "Doing Your Part To Stay Heart Smart" and "Controlling Stress Before it Controls You." Sessions are available in all three counties.
www.delawell.delaware.gov
- **FREE Health Risk Assessments**
Available now through December 31st.
<https://delaware.online.staywell.com>

Visit Your Doctor and Find Out Your Healthy Heart Numbers*



- Be sure to know your numbers ahead of time (including your blood pressure, cholesterol levels, glucose level, height and weight), so you can enter them in your HRA!

**Please check with your health plan regarding coverage for the doctor visit and testing as specific guidelines and limitations apply.*

Eat This, Not That



You are on the go, driving down the road. You are hungry and up ahead all you see are the infamous golden arches. Can you make better food choices to help manage your weight even at a fast-food restaurant like McDonald's? The answer is yes. Here is just one example:

Hamburger (250 calories, 9 g fat, 25 mg cholesterol, 520 mg sodium)
VS.

Premium Grilled Chicken Classic Sandwich (420 calories, 10 g fat, 70 mg cholesterol, 1190 mg sodium)

It is pretty clear that choosing a hamburger over the premium grilled chicken classic sandwich would save you 170 calories. Not to mention that a hamburger at McDonald's is lower in total fat, cholesterol, and sodium than a premium grilled chicken classic sandwich. The key is to be a food detective and know what you are eating ahead of time! Before you stop at McDonald's visit http://nutrition.mcdonalds.com/nutritionexchange/nutrition_facts.html to learn the nutrition facts.



E-mail the fitness guru with your question at employee.wellness@state.de.us for a possible posting in next month's issue.



The Fitness Guru Says...

Question of the Month: It has been difficult for me to find the time to be active. Do you have any tips on how to "fit" in fitness?

Dear Employee,

You are not alone (sounds like a song title by Michael Jackson (MJ)). Many people have a difficult time squeezing physical activity into their routine. By the time you leave work after a long day, take the kids to their after-school activities, come home and make dinner, the last thing on your mind is exercise (unless pressing the remote control to change the television channels counts... which it does not). The key is to try and schedule physical activity for times in the day or week when you feel energetic. All it takes is a little planning! Some examples include taking the dog for a walk in the morning, taking the stairs instead of the elevator, walking to your colleagues' offices instead of using the phone or e-mail, biking to work or shopping, parking your car farther away and walking the additional distance, going for a lunchtime walk with a co-workers, doing simple stretches at your desk or while waiting for a fax to go through, playing tag or frisbee with your children at home or at a local park, or exercising while you watch TV.

Just remember, *don't stop 'til you get enough* (another catchy song title by MJ). Every little bit counts! There are 1,440 minutes in each day, so try and schedule at least 30 of them to be physically active. The good news is that you can split up your 30 minutes of activity into 10-minute or 15-minute bouts.

Why all of the references to the Michael Jackson songs? Basically, music in itself is a great motivator. Try listening to music while you walk or bike to help pass the time and make it more enjoyable. It doesn't matter if it is pop music, rock, country or classical. Listen to whatever works for you! Until next time, I am going to *beat it!* Sorry, I couldn't resist...

Stay Fit!

F.G. (a.k.a. Fitness Guru)

Lt. Governor's Challenge

www.getupanddosomething.org



Offering Employee Assistance Programs
Human Management Services 1-800-343-2186
www.hmsincorp.com

1. Click "For the Employee"
2. Enter your Username: Delaware
3. Then enter your Password: Statehms04

Coming Soon, Enhanced Newsletter!



Beginning in November 2009 the enhanced WellAWARE newsletter will add columns regarding your health and supplemental benefits along with wellness information, include more feature articles, highlight specific announcements and more! We hope you like the new look!

National Dental Hygiene Month



www.adha.org

Exercise of the Month: Push-up with Single-leg Raise

Step 1

Starting Position: Kneel on an exercise mat or floor and bring your feet together behind you.

Step 2

Slowly bend forward to place your palms flat on the mat, positioning your hands shoulder-width apart with your fingers facing forward. Slowly shift your weight forward until your shoulders are positioned directly over your hands. Reposition your hands as needed to allow full extension of your body without any bend at the hips or knees. Stiffen your torso by contracting your core and abdominal muscles and align your head with your spine. Place your feet together with your toes pointed toward your shins.

Step 3

Downward Phase: Slowly lower your body towards the floor while maintaining a rigid torso and head aligned with your spine. Do not allow your lower back to sag or your hips to hike upwards during this downward phase, contract your glutes (butt) and quadriceps (thigh) muscles to create stability for your core. Continue to lower yourself until your chest or chin touch the mat or floor. Your elbows should remain close to the sides of your body or be allowed to flare outward slightly.

Step 4

Upward Phase: Press upwards through your arms while maintaining a rigid torso and head aligned with your spine. As you press upwards, extend your left hip to lift your left foot off the floor, keeping the knee extended. Attempt to avoid rotation in your hip as you raise your left leg off the floor. Do not allow your lower back to sag or your hips to hike upwards. Continue pressing until the arms are fully extended at the elbows and your left leg is extended off the floor. Hold this position briefly before returning to your starting position. Repeat with your opposite leg



Resource: <http://www.acefitness.org>



Yoga Dover is offering a FREE community yoga class to all state employees every Friday from 12:00-1:00p.m., through December 18, 2009. Employees can visit <http://yogadover.com/deemployeeyoga.htm> to register!